



If you live in the vicinity of a military treatment facility (MTF) or a civilian TRICARE Prime network, you may enroll in TRICARE Prime. In most cases, local policy will dictate that your and your family's enrollment be to the MTF if you live within a 20-mile radius of one. Check with your local MTF to determine its policy with respect to TRICARE Prime enrollment.

You and your family are not eligible for TPR or TPR for Active Duty Family Members under TAMP.

### Claims

Your claims will be processed using the normal TRICARE claims processing procedures. Claims with expired eligibility will be denied until you update your eligibility status in DEERS. If you submit a claim that is denied due to eligibility, you should contact DEERS at 1-800-538-9552.

### Other Health Insurance

If you have other health insurance, TRICARE will always be second payer to your insurance policy. If you have paid out of pocket for health care expenses and have other health insurance, you may submit a claim form, a copy of your itemized bill, and an explanation of benefits from your insurance carrier to TRICARE to receive payment for those services. You must submit your claims to your other health insurance prior to submitting them to TRICARE for payment.

You can obtain TRICARE claim forms by calling or visiting your local TRICARE Service Center.

You may also download a claim form from the TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil).

### Dental

If you are a demobilizing member of the Reserve component eligible for TAMP, you and your family may be eligible for dental coverage under the TRICARE Dental Plan (TDP). Please note, however, that if your family was not enrolled in the program during the first 30 days of your activation, they would be required to remain on TDP for the entire 12-month enrollment period at the Reserve component family member full-premium rate of \$50 a month rather than the shared-premium rate of \$20 a month. To determine eligibility for you and your family, contact the TRICARE dental program administrator, United Concordia, Inc., at 1-800-866-8499.



# Transitional Health Care Benefits

### TRICARE Regional Information

Region 1	Sierra Military Health Services, Inc. 888-999-5195 • <a href="http://www.sierramilitary.com">www.sierramilitary.com</a>
Region 2-5	Humana Military Healthcare Services 800-931-9501 • <a href="http://www.humanamilitary.com">www.humanamilitary.com</a>
Region 6, 9-12	Health Net Federal Services 800-406-2832 • <a href="http://www.hnfs.net">www.hnfs.net</a>
Central	TriWest Healthcare Alliance 888-874-9378 • <a href="http://www.triwest.com">www.triwest.com</a>
TRICARE Management Activity (TMA) 800-TRI-CARE • <a href="http://www.tricare.osd.mil">www.tricare.osd.mil</a>	
United Concordia, Inc. (Dental Plan) 800-866-8499 • <a href="http://www.ucci.com">www.ucci.com</a>	
TRICARE Mail Order Pharmacy (TMOP) 1-866-DOD-TMOP(363-8667) • <a href="http://www.express-scripts.com">www.express-scripts.com</a>	
Continued Health Care Benefit Program (CHCBP) 800-444-5445 • <a href="http://www.humanamilitary.com">www.humanamilitary.com</a>	
Defense Enrollment Eligibility Reporting System 800-538-9552 • <a href="http://www.tricare.osd.mil/deers">www.tricare.osd.mil/deers</a>	
Veterans Affairs 877-222-8387 • <a href="http://www.va.gov">www.va.gov</a>	



# Transitional Health Care Benefits

If you are a National Guardsman or an Activated Reservist ordered to active duty for more than 30 days in support of a contingency operation; or an active duty service member separating from service who belongs to one of the four categories applicable below, such as Stop-Loss or involuntary separation, you and your covered family members may be eligible for benefits under the Transitional Assistance Management Program (TAMP). TAMP provides health care coverage for you and your eligible family members as you transition back to civilian life.

## Eligibility

You and your covered family members are eligible for TAMP if you

- (1) are being involuntarily separated from active duty.
- (2) are returning to civilian life after deployment as an activated Reservist or National Guardsman for more than 30 days in support of a contingency operation. TAMP begins once your orders expire. (You are not eligible if you are on full-time National Guard duty.)
- (3) are separating from active duty following involuntary retention (Stop-Loss) in support of a contingency operation.
- (4) are separating from active duty following voluntary agreement to stay on active duty for a period of less than one year in support of a contingency mission.

The amount of time that you have accrued in active Federal service determines the length of your TAMP benefit. Check block **12.d** of your **DD Form 214** to calculate your accrued active service:

- If you have less than six years of active Federal service, you and your covered family members are eligible for 60 days of TAMP benefits.

- If you have six years or more of active Federal service, you and your covered family members are eligible for 120 days of TAMP benefits.

**TAMP eligibles who were also eligible for the benefits of the Operation Noble Eagle/Enduring Freedom Demonstration shall retain those benefits during their TAMP eligibility if the Demonstration is active.**

## What if I'm Still in Terminal Leave Status?

If you are a Reserve component service member on terminal leave following your deployment, you cannot use TAMP while on leave. You will be covered by the Supplemental Health Care Program while on leave status. If you need care during your leave, contact a Health Care Finder in the region (back of brochure) where you mobilized to obtain an authorization for care.

## What Does TAMP Coverage Provide?

Under TAMP, you and your eligible family members may use TRICARE Standard, the fee-for-service option; TRICARE Extra, comprising network providers who agree to a negotiated discount cost share for military beneficiaries; or TRICARE Prime, the managed care option. Both TRICARE Standard and TRICARE Extra require patients to pay an annual deductible and cost share when seeking care.

To use TRICARE Prime, you must enroll in the program. Unlike TRICARE Standard and TRICARE Extra, TRICARE Prime networks are not available everywhere in the country. Check with your local TRICARE managed care support contractor to determine if TRICARE Prime providers are located in your vicinity or to get help finding TRICARE Standard and TRICARE Extra providers. Their telephone numbers and TRICARE Web sites are located on the back of this brochure.

## What Do I Need to Do?

To use TAMP, you must first ensure that your and your family's status on the Defense Enrollment Eligibility Reporting System (DEERS) are up-to-date. You may do this by contacting or visiting a military ID card issuing facility.

If you are a reservist, you probably have an ID card section located in your unit's Reserve center. If you are on active duty, check with your unit personnel office or with the ID card facility on your base or post.

Some ID card issuing facilities, particularly those in Reserve centers, require an appointment in advance, so be sure to call ahead to ensure that you don't make a wasted trip. To locate the nearest military personnel office or ID card facility, check the DEERS Web site at [www.dmdc.osd.mil/rsl](http://www.dmdc.osd.mil/rsl) or call 1-800-538-9552.

Once you have completed this step, you and your family members may begin using TRICARE Standard and TRICARE Extra immediately. If you wish to enroll yourself or your family members in TRICARE Prime, go to the next section for details.

## Enrolling in TRICARE Prime Under TAMP

If you or your family is currently enrolled in TRICARE Prime or TRICARE Prime Remote (TPR), that enrollment will become invalid upon your separation from active duty. If you wish to keep yourself and your family in TRICARE Prime under TAMP, you must complete a new enrollment form and send it in to the managed care support contractor in your area. If you enroll yourself and your family in TRICARE Prime during your TAMP eligibility period, that enrollment will be retroactive to your separation from service. If you do not reenroll in TRICARE Prime, all of your claims will be processed as TRICARE Standard or TRICARE Extra, as appropriate.